

**Directions:** As a dietary supplement, take one (1) caplet daily, with any meal for maximum daily results, or as directed by your healthcare provider. Do not exceed recommended dosage.

**Keep out of reach of children.** Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Added Salt, Yeast or Preservatives.

**21<sup>ST</sup> Century HealthCare, Inc.**  
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**DIETARY SUPPLEMENT**

**NATURAL**

# **B Complex with C**

**Compare Active Ingredients  
To AllBee® With C†**

**100 Caplets**

## **Supplement Facts**

Serving Size: 1 Caplet

Servings Per Container: 100

| Amount Per Serving                         | % DV         |
|--------------------------------------------|--------------|
| Vitamin C (as Ascorbic Acid)               | 300 mg 500%  |
| Thiamin (as Thiamin Mononitrate, B-1)      | 15 mg 1000%  |
| Riboflavin (Vitamin B-2)                   | 10.2 mg 600% |
| Niacin (as Niacinamide)                    | 50 mg 250%   |
| Vitamin B-6 (as Pyridoxine Hydrochloride)  | 5 mg 250%    |
| Pantothenic Acid (as Calcium Pantothenate) | 10 mg 100%   |
| Calcium (as Calcium Carbonate)             | 150 mg 15%   |

Percent Daily Value (DV).

Other Ingredients: Dicalcium Phosphate, Cellulose, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Dextrin, Magnesium Stearate, Titanium Dioxide.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† ALLBEE® with C is a registered trademark of Inverness Medical, Inc., Waltham, MA 02453.

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*21<sup>ST</sup> Century® ... for a healthier future.*

# **B Complex with C**

**Compare Active Ingredients To AllBee® with C†**  
B vitamins are interdependent upon each other and interrelated in function; they convert food into energy and help maintain the nervous system and body tissues.\* Vitamin C is an important antioxidant nutrient that helps neutralize free radicals which may cause cellular damage in the body. Vitamin C also supports a healthy immune system.\*

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